Claims:

1. Handle (10, 2210, 2410, 2510, 2610, 2710, 2810, 2910, 3010) which has at least one holding plate (16, 316, 2716, 2816, 2916, 3016, 3116, 3216) which can be mounted in an opening (12, 2012, 2312, 2612, 2712, 2812, 2912, 3012) in a thin wall (14, 214, 514, 1014, 1614, 2314, 2714, 1814, 1914, 3014) such as a sheet-metal cabinet door, a head part (28), such as a flange or olive-shaped handle, which overlaps the rim (24) of the opening (12) of the thin wall (14) on its (outer) side (26), and a body part (30) which proceeds from the head part (28, 428, 1228, 1328, 1528, 1628, 1728, 1828, 2628) and can be pushed through the opening (12) in the thin wall (14), and a holding part (34, 434, 1234, 1634) which is carried by the body part (30, 330, 830, 1030, 1130, 1530, 1630, 1730, 1830, 2630, 2730), supported on the other (rear) side (32) of the thin wall (14), and is separate from the body part, characterized in that the holding part (34) is formed by holding elements (36, 136, 436, 536, 636, 736, 1136, 1436, 1836, 1936, 2036, 2136, 2336, 2436, 2536, 2636, 2736, 2836, 3136) which project in a flexible manner from the body part (30) in the direction of its outer surface and whose free end has an inclined surface (38) for supporting the body part (30) on the rim or edge (40) of the opening (12) without play.

2. Handle according to claim 1, characterized in that two holding elements (36-1, 36-2) which are arranged diametrical to one another are provided and are acted upon by pressure elements such as spring arrangements (42), particularly a coil spring common to the two holding elements (36-1, 36-2) or two coil springs (42-1, 42-2), or wedge arrangements such as conical screws (147, 149).

3. Handle according to claim 1 or 2, characterized in that the holding elements (36) are levers (44) which are arranged at a distance (A) from the (rear) surface of the thin wall (14) so as to be rotatable in a defined manner around an axis (46) parallel to the plane of the thin wall (14).

4. Handle according to claim 1 or 2, characterized in that the holding elements (236) are levers (236) which are arranged so as to be rotatable around an axis (58) perpendicular to the surface of the thin wall.

5. Handle according to one of claims 1 or 2, characterized in that the holding elements (36) are slides (52) which are arranged so as to be displaceable in a cylinder (50)

that lies parallel to the plane of the thin wall and is rectangular in cross section and are held against the force of a pressure spring by a hook arrangement that locks between the slides themselves or in the cylinder.

6. Handle according to one of claims 1 or 2, characterized in that the holding elements (36) are slides of rigid material such as metal which are arranged so as to be displaceable in a cylinder that is parallel to the plane of the thin wall and rectangular in cross section and are held against the force of a pressure spring by a pin arrangement (56, 156) that is arranged between them.

7. Handle according to claim 5 or 6, characterized in that the cylinder (50) has a partial dividing wall or undercut or opening edge at which the slides are supported axially by a shoulder or hook.

8. Handle according to one of claims 1 or 2, characterized in that the holding element has an opening which receives a spiral pressure spring by at least a portion of its diameter.

9. Handle according to claim 8, characterized in that projections which hold the spring element radially project into the opening.

10. Handle according to one of claims 8 to 9, characterized in that the holding elements are formed by two flat metal pieces lying next to one another, each of which has an opening, these two openings together forming a space which receives a spiral pressure spring by at least a portion of its diameter.

11. Handle according to one of claims 8 to 9, characterized in that the holding elements are formed by two metal pieces which lie next to one another and which form projections and recesses which are directed toward one another and which limit the axial sliding movement relative to one another.

12. Handle according to one of claims 1 to 2, characterized in that the holding elements are formed by two plastic pieces or metal pieces which lie next to one another and which form projections and recesses which are directed toward one another and which can be engaged by a rotatable tool or key in such a way that the plastic pieces or metal pieces are displaced relative to one another against the spring force when the tool or key is turned.

13. Handle according to one of claims 8 to 12, characterized in that the holding

elements are formed by a metal piece or by two metal pieces lying next to one another which is/are held jointly by a spring in such a way that these two or three parts form a manageable unit that is stable in itself.

14. Handle according to claim 6, characterized in that a fixing pin or fixing plug or fixing screw is provided for fixing the holding elements after the holding plate is mounted in the opening.

15. Handle according to one of claims 1 to 14, characterized in that the head part has a recess in the area of the holding elements.

16. Handle according to claim 1, characterized in that the holding elements are formed by a leaf spring that is bent in a suitable manner.

17. Handle according to claim 16, characterized in that the leaf spring is inserted into a radially extending cavity formed by the body part.

18. Handle according to claim 17, characterized in that the cavity forms a slot or recess in which a projection and recess of the spring lock the latter in a working position in a fixed manner.

19. Handle according to claim 16, characterized in that the leaf spring is held by a head screw that is screwed into a threaded bore hole formed by the body part.

20. Handle according to claim 16, characterized in that the leaf spring is spot-welded or glued to a surface formed by the body part.

21. Handle according to claim 1, characterized in that the holding plate has an opening like the thin wall and the holding part and the body part have their own head part.

22. Handle according to claim 21, characterized in that the head part and body part are two parts that are screwed together.

23. Handle according to one of claims 1 to 22, characterized in that a plurality of holding elements are arranged next to one another in axial direction of the handle.

24. Handle according to one of claims 1 to 23, characterized in that a second holding plate (2316, 2816, 2916, 3016, 3116, 3216), which is connected to the first holding plate by means of a handle bar, has a construction analogous to that of the first holding plate.

25. Handle according to one of claims 1 to 23, characterized in that the handle

(2010) can penetrate into or be swiveled into or rotated into a housing (2230) carrying the holding elements (2136-1, 2136-2).

26. Handle according to one of claims 1 to 23, characterized in that the handle has an elongated shape and forms a holding plate (2316-1, 2316-2) at both ends and holding elements (2336; 2436-1, 2436-2) proceed from the latter.

27. Handle according to claim 26, characterized in that the holding elements (2336; 2436-1, 2436-2) are pretensioned in a flexible manner in direction of the handle axis (23).

28. Handle according to claim 26, characterized in that the holding elements (2536-1, 2536-2) are pretensioned in a flexible manner perpendicular to the direction of the handle axis (23).

29. Handle according to claim 1, characterized in that the handle (3110) has a spacer (157) which can be clipped in at both ends into openings (155; 3112) in a thin wall (5153, 3114).

30. Handle according to claim 1, characterized in that the holding elements (3236) of the handle holding plate (3216) engage behind a web or recess (161) instead of a thin wall, which web or recess (161) is formed by an insert (165) which is insertable into a thick wall (163).

31. Handle according to claim 30, characterized in that the thick wall (163) is clamped in between a flange area (167) of the insert (163) and the base plate (3216) of the handle (3210).